



April 14, 2008

Newsletter

Issue #20

# ***BloomingNow!***

## ***Features Fresh from the Farm***

Community

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## **From the field...**

Spring is in the air! The greenhouse is brimming with transplants, green and robust, clamoring to go out into the fields. Our first bit of ground has been plowed, and with this gorgeous taste of summer we had a busy past few days as we planted our spring onion sets, and transplanted kale, collards, swiss chard, spinach and cabbage. This year we are also trying something new- transplanting our sugar snap peas. We hope with this method to overcome previous years spring problem of unreliable germination. Our first turnips, beets and carrots have been direct sown into the field and we are readying our greenhouses for planting tomatoes, cucumbers and basil. I can taste the pesto already! This seasons first intern, or trainee, arrived last week. His name is Wilmer and he joins us from the central jungle of Peru, through the Multinational Exchange for Sustainable Agriculture (MESA). His family has a farm in Oxapampa, Peru where they grow coffee, potatoes, tomatoes, yams, peas, squash and other crops. Wilmer has just graduated from his university where he studied Agronomy. He is looking forward to learning English and exchanging ideas about farming, especially seeing all our equipment in action! Tom and I speak very little Spanish, but are learning as quickly as we can, and don't go very far without the Spanish English dictionary!

Also joining us this season as interns are Emma and Miriam. Emma

comes to us from Washington DC, with a background in the arts, specifically papermaking, and a strong interest in sustainable food. She grew up in Mexico, so we are putting her bilingual skills to good use! Miriam, originally from the Blue Bell area, spent last season working at a large CSA in Massachusetts, and returned to the area to be near friends and family. We already appreciate their big smiles and enthusiasm for the season ahead! Thanks so much to everyone for all the generous and wonderful donations to outfit the intern's apartment on the farm. It looks like they have everything they need, but we'll let you know if anything else pops up. In response to your survey results from last season, we will be offering an assortment of classes at the farm this year on various topics of health, food and sustainable living. We are very excited to be collaborating with master herbalist, Carla Lynne Klimuk, to expand our children's garden to include medicinal herbs and to offer a variety of classes where she can share her expertise with you. She has over 14 years of experience making plant medicines and ethnic wildcrafting. Check out the online calendar to see a schedule and description of the first four classes, the Herbal Home and Body Series, she will be offering at the farm. Please call or email Carla directly to register for her classes. She has also written up an "easy spring cleanse", found on page 2 of

the newsletter. We are working with CSA member Lisa Streetsmith, Health Counselor and Cooking Coach, of Hypericum Wellness to bring some cooking classes to you- topics in the works include cooking with dark leafy greens, cooking with some of the less common veggies from your CSA share, a pizza making class for kids, and sauerkraut making in the fall. We also plan to bring in an expert this summer from the local Extension Office to do a class or two on canning and preserving. You can always check our online calendar on Blooming Glen Farm's website to see events, work opportunities and activities at the farm, and to find out registration information for each class. So stay tuned, and please come out and support the classes and farm events!

Last but not least- this **Saturday April 19th** is our **Earth Day Open House**, from 11-2pm. Are you a new member this year, anxious to check out the farm? Come on out and stroll around the fields (check out my own personal field of dreams- our 1/3 acre of garlic!), tour the greenhouses, breathe in the gorgeous views and fresh air. Returning member? It's been a long winter- stop in and say hello! **Bring a picnic lunch**, and socialize with your neighbors. We will have kid's crafts, a demo on worm composting and more. We are looking for volunteers to bring snacks to share and to help with the children's crafts. We hope to see you there! - Tricia and Tom

News and Notes:

- **Earth Day Open House, Saturday April 19th, from 11-2.** Bring a picnic lunch, share some snacks, take a tour, make some children's crafts. Volunteers needed.
- **The Herbal Home and Body Series: classes offered by local master herbalist- see our online calendar for May and June for class info.**
- **CSA payments due May 1.** Thank you!
- **If you have not received a CSA Rough Guide in the mail or have not received any emails about work opportunities please let us know so we can be sure you are on our mailing lists.**
- **Some new spring lettuce varieties to look forward to on the farm this year- Forellenschluss, an Austrian heirloom that translates literally as "trout, self-enclosing", meaning it's a speckled romaine. Also, Grandpa Admire's, a bronze tinged butterfly. George Admire was a Civil War veteran born in 1822. In 1977, 90-year-old Cloe Lawry, Grandpa Admire's granddaughter gave the seed to Seed Savers Exchange. We love veggies with a story!**

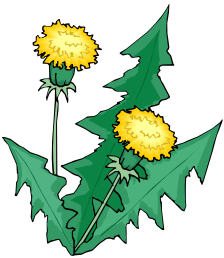
## Easy Spring Cleanse, by Carla Lynne Klimuk

It's hard to believe spring is here with the cold temperatures and rain, but before you know it, the sun will be shining high in the sky, warmer temperatures will be here to stay, and folks will have spring cleaning and sprucing of the outdoor yards on their minds.

A good habit to instill is during this time of year is a spring cleaning of the body. Not a full fledged detox, instead it is a light spring cleaning to get toxins moving and out of the body and to aid in strengthening the liver, your body's master metabolizer and detoxifier. Spring cleansing also helps clean the blood, and strengthen and tone the heart, lungs, and kidneys. You just might find it springboards into more energy, higher metabolism, fuller hair and nails, smoother skin, and an easier time losing some of those winter pounds.

As with all cleaning activities, you'll need good water. Distilled water is the best, but spring or filtered water is still better than tap and fluoridated water. To your water, you'll add dandelion, red clover, chickweed, pau d'arco, milk thistle, cleavers, nettles, burdock or plantain (see recipes to the right). **With all herbal medicines, if you are taking any prescription medicines, or have any serious medical conditions, seek your holistic practitioner or physician's advice before starting any new regimens or activities.**

**Dandelion** is one of the best herbs for the liver and digestive system, helps cleanse the blood and kidney, and is tremendously effective at removing built up fluid in cells. The dandelion root is effective at boosting liver metabolism and in helping remove excess garbage from the bowels. Dandelion is an excellent source of vitamins and minerals including Vitamins A, C, magnesium, calcium, and iron.



**Red Clover** (*trifolium pretense*) is one of the most beneficial herbs to use when toning, and is supreme immune booster and rebuilder. Because Red Clover has the ability to thin the blood, those taking blood thinners might exclude this herb from the recipe.

**Burdock** (*arctium lappa*) is a crisp, rejuvenating, root vegetable that is a blood and liver toner. High in amino acids, potassium, calcium, and other vital nutri-

ents, it acts as a diuretic in helping the liver remove excess toxic fluids and enhances metabolic activity. Most women will notice how smooth their skin becomes after using burdock. In some Japanese restaurants, burdock root is served in a delightful dish called kinpira gobo with carrots, soy sauce, sesame oil, mirin or sake, and sugar.

**Chickweed** (*Stellaria media*) is a mild diuretic that is rich in vitamin C, calcium, copper, iron, magnesium, antioxidant carotenes and much more, making it an perfect complement to this recipe for anyone who has a case of the winter blues, or is run-down or looking for a spring pick-me-up.

**Plantain** (*plantago major*) helps with elimination of toxins from the body by aiding the removal of fluids, aids bulk removal from the large intestine and colon, and helps tone liver and kidney. It also has the remarkable ability to neutralize toxins and aids the liver in its primary job as our body's master detoxifier.

Dandelion, Burdock, and Red Clover, are just a few of the medicinal herbs we are sowing and growing in the garden here at Blooming Glen Farm this year. I'm looking forward to showing folks how wonderful these plants can be in making herbal medicines throughout the year!

I've included two recipes to get you started: Easy Spring Tonic and Cleansing Spring Tonic. Think of it like this: this one quart of water that you make into a medicinal tea is 1/2- 2/3 of the water you need for the day. Why not make it cleansing and toning to the body too?!

## Bucks County Solar Farm

With soaring fuel prices and a grim forecast that they are going to continue to climb, March's groundbreaking of the 16.5 acre solar farm in Falls Township was welcomed news for Bucks County residents.

This soon to be fourth largest solar facility in the nation and the largest east of Arizona began the assembling of more than 16,000 solar panels in anticipation of a switch-on date sometime in September or October of this year. It is located adjacent to the GROWS Waste Management property in Lower Bucks, and owned by EPURON, a subsidiary of the world's largest solar power integrator. When operational, the plant will have a 3 megawatt capacity, which is enough to power more than 400 homes for a year. It is estimated that at that level, emissions, sulfur dioxide, and other pollutants typically released into the air will be reduced by the equivalent of taking 440 cars off the road or planting 33 acres of trees. Good news for the earth and for Bucks County!

### Easy Spring Tonic

1 quart of distilled water, boiling  
1 1/2 oz. Dandelion root  
1/2 oz. Dandelion leaf  
1/2 oz. Chickweed  
1/2 oz Red Clover

Take 4 teaspoons of the herbal mixture to one quart of boiling water and let steep for 20 minutes. Strain and drink throughout the day.

### Cleansing Spring Tonic

1 quart of distilled water, boiling  
1 1/2 oz. dandelion root and leaf, mixed  
1/2 oz. burdock root, chopped  
1/2 oz. plantain  
1/2 oz. chickweed

Take 4 teaspoons of the herbal mixture to one quart of boiling water and let steep for 20 minutes. Strain and drink throughout the day.

*Carla Lynne Klimuk is a master herbalist with over 14 years of experience making plant medicines and ethnic wildcrafting. She is a freelance writer, having been published in many herbal and homeschooling magazines and periodicals; writes an online weblog, <http://www.carlalynne.blogspot.com>, and is publisher of a biweekly newsletter filled with lots of homesteading, herbal and plant information, whole food recipes, and natural health news. She also owns Shade Tree Herbs [www.shadetreeherbs.com](http://www.shadetreeherbs.com) where she shares her organic and all-natural soaps, herbs and tinctures, pregnancy and lactation teas and tisanes, salves and balms, and other herbal and botanical miscellany. Carla Lynne has been married to her best friend for over 22 years and is mom to six wonders of the world. Originally from Bucks County, she and her family have been traveling around the U.S. in their RV full time, following the winding trails of living simply, deliberately and fully; homeschooling without borders, and along the way, teaching others about plant medicine, environmental stewardship, and nature studies.*